



45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

0000

Fabian Flemming

000: 2:19:30

00: 379

00: 9.08 km/h

0000: 6:36 min/km

00: 21.10 km

00000/000: 21 (of 32)

Halbmarathon

00000/0: 16 (of 25)

000000: 1:26:35

0000:

00000: 4(of 5)

Senioren M30 (30-34) M

0000000: 1:39:22

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| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 |
|---------------|-------|---------|--------|----|-------|----|---------|-------|---------|--------|----|-------|----|---------|
| | km | 00 | min/km | - | - | 0 | 0 | km | 00 | min/km | - | - | 0 | 0 |
| Runde | 10.50 | 59:24 | 5:39 | 4 | 10:37 | 10 | 17:39 | 10.50 | 59:24 | 5:39 | 4 | 10:37 | 10 | 17:39 |
| Runde | 10.40 | 1:19:23 | 7:37 | 4 | 29:12 | 22 | 1:01:40 | 20.90 | 2:18:47 | 6:38 | 4 | 39:49 | 19 | 1:04:24 |
| Alteburg-Turm | 0.20 | 0:43 | 3:34 | 5 | 0:19 | 24 | 0:43 | 21.10 | 2:19:30 | 6:36 | 4 | 40:08 | 16 | 52:55 |